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of it comes only by degrees." "Spiritual habit must be fostered by assertion and repetition, if it is to become established. This attitude must never vary because God is unchangeable; its direct efficacy will never be lessened because God is eternally sure." Having then acquired this unity of body, mind, and spirit, man becomes master of himself, "he can use physical agents to the best advantage, can husband his forces to prevent undue strain, can regulate his nerve fluid supply, can avoid the mental ills caused by weak or wrong reasoning." The reader is made to ask the question: "*Would you take medicine for organic diseases?*" and the answer is "Most certainly," and furthermore the questioner is directed to call a skilled physician and submit obediently to all medical direction. And the first and last words are alike "Form correct habits, physical, mental and spiritual; guard them; love the Father with all your soul; keep ever before your eyes the Christ ideal."

" 'Strive and thrive!' cry 'Speed,—fight on, fare ever
There as here!'"

SOME WONDERS OF BIOLOGY. By William Hanna Thomson, M.D., LL.D. Dodd Mead and Company, New York.

Those who followed Dr. Thomson's *Essays on Biological Subjects*, which appeared from time to time in *Everybody's Magazine*, will welcome their reappearance in book form. The present volume contains "Brain and Body," "The Real Self and Drugs," "The Nervous System and the Blood," "Indispensable Bacteria," and some others. Read in connection with the other book reviewed, the essay "Brain and Body" comes as a most enlightening commentary.